



"My wife is past master at Johnny Cake making." Get some Presto Self-Raising Flour and that's the way husband will talk.

## CROWN PRINCE WINS TWO VERDUN VICTORIES; BLOODIEST OF BATTLES

(Continued from First Page.)

the Meuse, the French made some progress in hand grenade fighting.



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There was no action at Fort Douaumont last night. Activity on the part of the artillery was particularly severe in the vicinity of Hill No. 304 in the sector from Dead Man Hill to Cumieres.

The French gain was made in a small wood between the river and the village of Cumieres. Though the advance was slight the positions won by the French expose the Germans to a flanking attack if they attempt to push southward from Cumieres. The southern exits from Cumieres are under fire of French artillery and little fear is felt here over the possibility of an advance from this quarter.

Gen. Nivelle made no attempt to recapture Fort Douaumont ruins from the Germans during the night. Apparently through sheer exhaustion both sides almost completely halted infantry operations around the fort.

Practically all French military critics agreed to-day that this week's fighting at Verdun has been the bloodiest in history. The Germans have lost more men than in any other week of the war.

Inspection made by military authorities of maps of the Verdun region shows that within the last month German gains on the west bank of the Meuse from Cumieres to Avocourt, average a depth of 300 metres. The line eastward from the river is substantially the same as it was a month ago.

Following is the text of to-day's War Office report:

"On the left bank of the River Meuse there has been an artillery duel of considerable intensity in the sector of Hill 304, as well as on the front between Dead Man Hill and Cumieres. Last night we made progress with hand grenades in the groves immediately to the east of the village of Cumieres. The enemy made no endeavor to attack us."

"On the right bank of the river a strong German attack was successful

in giving the enemy a footing in one of our trenches to the north of the quarries at Haudremont. The bombardment is continuing with great severity on each side. In the region of Douaumont there has been no infantry activity. The night passed in relative quiet on the remainder of the front."

The French hold the approaches to Fort Douaumont, which was lost yesterday.

Scarcely less furious or desperate was the simultaneous battle which went on west of the Meuse between Dead Man Hill and the river. Here the Germans, in a series of terrible charges, cleared the French out of the village of Cumieres, on the river bank, east of Dead Man Hill, and a little north of Pepper Heights, on the east bank. Their efforts to debouch out of the village and continue their attacks, the French War Office reports, were checked by the curtain of fire.

The Germans were not to be left in peaceful possession of Cumieres. By a violent counter-attack, launched before the Germans could dig in, the French troops succeeded in retaking lost trenches on southern outskirts of the village. The town itself, the War Office said, had been won "without counting the cost in human lives," and "we sell plots of ground at high prices around Verdun," said a member of the General Staff who has just returned with messages from the front.

"It is a battle of madmen," said a staff officer. "We figure that between Saturday morning and Tuesday noon the German wastage had been 100,000 men on the west Meuse front alone. The valley between Dead Man Hill and Hill No. 297 is choked with dead. A full brigade perished in a quarter of an hour under the fire of our machine guns."

"Dead Man Hill passed from our possession, but the crescent position to the south prevents the enemy from occupying it. It is a neutral ground, on which no living man may venture, both our guns and those of the Germans bathing it in shell fire."

## Obesity Reduction Course For Women

### QUESTION AND ANSWER COLUMN

By Pauline Furlong

Miss Furlong will reply in this column to letters written by Evening World readers asking questions pertaining to the subjects treated in her articles. Letters must not exceed 250 words in length and must be limited to the subjects upon which information is desired.



### Exercising for the Cure of Rheumatism.

Many readers write and ask me for diet for overcoming rheumatism, and, while I do not answer medical questions, nor give so-called cures, as I am not a physician, at the same time I do know that this common disorder can not only be overcome but avoided, as is so much through diet and drugs, as is the general impression, but through hygienic living.

Turkish and sweat baths to open the pores and help clean the skin, are advised, and are about the very best treatment. Gentle exercises to remove the mineral deposits which are causing the pains from the joints will also greatly aid in overcoming the disease.

Of course, there are certain foods which might tend to aggravate the case, but if the system is kept clean, so that the body's wastes are removed each day, even the foods best avoided can do little toward causing rheumatic pains. Copious water drinking and deep breathing and walks in the bright sunshine are also beneficial for those who suffer from rheumatism. Absolute cleanliness, inside and out, will cure rheumatism.

### Letters From Readers.

**TO SWEETEN THE BREATH.**—SARAH M. writes: "Is it true that if one keeps a small piece of gum myrrh in the mouth at night it will sweeten the breath and cause you to awaken with a clean taste in the mouth? Will it harm the teeth and gums?"

Yes, this is true, and it will not harm the teeth and gums, but rather benefit them somewhat.

**BICARBONATE OF SODA.**—MRS. FRANK L. writes: "Will bicarbonate of soda overcome acidity of the stomach? How should I take it and when?"

You should not take it at all. Yes, it will overcome acidity, temporarily, but stimulates the organs to secrete more acid. If you must take it, a half teaspoonful in hot water, when you feel the need of it, is the proper dose.

**BRACES FOR ROUND SHOULDERS.**—MRS. F. R. T. writes: "My little girl, twelve years old, is round shouldered. Will braces overcome this, and how long will she have to wear them to show results?"

Do not put braces on the child. Teach her the chest-raising exercise and allow her to join a gymnasium and learn to swim, chin the bar and perform other exercises which will permanently cure her, by strengthening the muscles of the arms, shoulders and back, which are weak at the present time.

**TO DEVELOP BREAST.**—MRS. R. D. writes: "I have overcome constipation and indigestion, through proper foods and exercises and can master all of them with ease, after only two months practice. I am so much improved in health and have saved all of the exercises which fit my case most. When my baby was born the nurse put camphorated oil on my breast and this caused it to become small and flabby. Can you suggest a remedy for this?"

The chest-raising and arm-swinging exercises will develop the muscles of the chest and improve the contour of the breast also. Use much cold water, tea and alum solution to harden the breast.

**ABOUT THE MAT EXERCISES.**—Mrs. J. K. writes: "Will you please inform me about the mat exercises in your treatment for obesity? Shall I do each lesson only once each day—six motions, when the description says six? This seems such a trifling amount to bring any results. I began the exercises when this course started, practicing number one the first day and number two the second, and so on."

"The Crowning Attribute of Lovely Women is Cleanliness."



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Can be quickly sterilized in boiling water. All styles and sizes to fit every requirement. Guarantee with every pair. Sample No. 3 regular for 25c.

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**K N A B E**  
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Can it be that the exercises increase the size of the bust? It seems that way to me. I am 44 years of age, five feet three and weigh 166 pounds. When I walk I am unable to take a deep breath. What is the reason for this? Aside from having catarrh, my health is perfect. Will you please advise me?"

In the health articles, and also in the query column, I have repeatedly told my readers that all of the exercises are not at all necessary for each person to take every day. Practice only the ones that you decide you really need most to correct certain defects in the figure. Rolling for hips, for instance, leg circling for thighs and arm and shoulder movements for the upper parts of the body. All of the exercises shown in the charts would be too many for the most robust person to go through each day and would take hours. The beginner's exercises, shown in the first of the series, are for the very obese or elderly, and those who are not at all practiced, and are practically useless for any woman who can master the more advanced ones with ease. Take the exercise in the middle of the afternoon. If you become shaky you are either overdoing the movements or taking them too soon after eating, or both. Take them two hours after a meal. Never sooner. Certain exercises will increase the muscles in the chest and help enlarge the bust. The reason you cannot

breath deeply is because you have only lately started to practice this exercise and have not yet learned to control the breath. If you have catarrh, you are far from healthy. This also keeps you from breathing properly. Keep the system clean and free from waste and poisons to overcome catarrh. Take the exercises easy and do not become too enthusiastic and overdo them at the start.

### The Foremost Foe of Tuberculosis

is a right combination of fresh air, pure food, rest and clean living. All doctors agree these are prime requisites in the treatment of this affection, which causes one-tenth of all deaths. Yet medication is needed in many cases.

Under such circumstances, Eckman's Alternative may prove beneficial. When used as an adjunct to proper care and hygienic living, it is most efficacious, and in many cases it has brought lasting relief. It has been found equally effective in treating asthma and bronchial troubles. Stubborn colds often yield to it.

In any event, a trial can do no harm. For this preparation contains no poisonous or habit-forming drugs—no narcotics, opiates or coal-tar derivatives. At your druggists. For Sale by Ald. Lippert's Baker-Hegeman Drug Store.

Eckman Laboratories, Philadelphia.—Adv.

## Stern Brothers

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A Pre-Holiday Offering for Friday and Saturday, of Men's Summer Requisites.

### Young Men's Sack Suits

Very specially priced at

**\$18.50**

Regularly sold at \$22.50

These suits offer a wide choice of two and three button models, with soft lapels, many with patch pockets, some quarter silk lined. Included are "pinch back" and semi-form fitting models, in neat fancy checks, stripes, plaids and plain flannels and serges; both in light and dark colorings. Sizes from 34 to 46 chest.

### Men's Sack Suits (Made to Measure), at \$28.50

Orders will be accepted Friday and Saturday for these suits; tailored from fashionable Spring and Summer materials; regular values from \$35.00 to 40.00

An extra charge of 10% for sizes over 44 chest.

### Outing Suits

In the latest new models, both "pinch backs" and form fitting sack styles of Palm Beach, Pongee and Brezeweave fabrics, coat and trousers, at

**\$8.50 to 15.00**

Flannel Trousers, White, grey and striped, \$3.75 to 7.50

Outing Trousers, at \$1.50 of khaki and white duck

Auto and Traveling Dusters in grey and tan, \$1.50 to \$10

Sport Coats, \$8.50 to \$10 "pinch back" and patch pockets.

## The Sale of Men's Furnishings

WILL FEATURE THESE EXCELLENT VALUES

**Men's Negligee Shirts**  
of madras, crepe cloth, chevot and mercerized materials,  
at 95c

**Pure Silk Shirts**  
with satin stripes,  
at \$3.25

**Men's Negligee Shirts**  
of silk and madras; soft and cool for Midsummer wear,  
at \$1.85

**Men's Neckwear** for Spring and Summer; two special lots, each

55c & 85c

**Men's Crepe Pajamas, - suit** 95c  
**Mercerized Madras Pajamas,** \$1.35

**Men's Bathing Suits** at \$2.95, 3.95, 4.50 to 8.50

### Men's Straw Hats

are here from the best foreign and American manufacturers

**\$2.00 to 5.00**

**Panama Hats**

ranging in price from \$5.00 to 100.00

### Men's Hosiery

REPRICED FOR THIS OCCASION

**Men's Silk Socks**, of a very serviceable quality; lisle toes and heels; in black, navy, grey and champagne; 35c \$3 pairs \$1.00.... pair

**Pure Silk Socks**, in black and colors; extra spliced soles and heels; medium weight 69c

### Men's Shoes and Oxfords

of black and dark tan Russia calfskin on good-fitting stylish lasts.

Exceptionally low priced for To-morrow, at

**\$3.75 pr.**

## Men's Summer Underwear

OF THE WANTED KINDS AND QUALITIES, PRICED LOWER THAN USUAL

**Men's Nainsook Athletic Shirts** and Knee Drawers.... each 35c  
**Men's White Lisle Finish Shirts;** Drawers, regular or knee length, 38c

**Madras Athletic Union** Suits, sleeveless & knee length, 50c, 75c  
**White Cotton Mesh Union Suits**, in all the popular styles,..... at 95c

## Standard Sporting Goods at Reasonable Prices

**Golf Balls**  
Spalding 'Honor,' dz. \$9.00  
Glory Dimple..... \$6.00  
Red Dot..... \$4.80  
Spalding Bob, each 25c  
Golf Irons, at \$1.25 to 2.25  
Drivers and Brassies, \$2.25  
Golf Bags at \$1.00 to 11.75

**"Bryant" Bicycles**  
at \$25.00

"New Departure" coaster brakes; Troxel Saddle; motor cycle handle bar; mud guards on front and rear wheels; stand attached; Men's and Boys' sizes.

**Tennis Rackets**  
"Varsity" Rackets, beveled frame, concave throat, gut wound shoulders and close strung center, complete with cover, at \$3.50  
Other Rackets, \$1 to \$10  
Tennis Balls, doz. \$3 & \$4

Croquet Sets, at \$1.25, 1.75, 2.75 to 11.75 | Clock Golf, at \$2.50, 5.00 & 10.00  
Lawn Tables and Umbrellas, Swings, Furniture, Tents and Portable Houses, at lowest prices.

## An Unusually Interesting Sale of Men's Sports Wear

specially prepared for to-morrow and Saturday, will offer Sports Coats, Outing Trousers, Sports Shirts, Motor Dusters and other necessities of the man's Summer outfit at prices that will mean a decided saving.

**Sports Coats** of brown and green tweed mixtures; a smart Norfolk model, with patch pockets . . . . . \$9.50

**Outing Trousers** of striped white flannel or serge, or of plain white flannel . . . \$3.75

**Outing Trousers** of gray flannel . . . 3.50

**Sports Shirts** of white chevot, with convertible collar which may be worn open or buttoned high; a very practical model for out-of-doors . . . . . \$1.75

**Silk Bat Ties** in desirable colors and designs, at . . . . . 50c.

**Leather Belts**, in tan or black . . . 65c.

**Motor Dusters**, in natural linen or gray mohair . . . . . \$4.75

**Motor Goggles**, with amber, smoked or clear lenses and tortoise-shell celluloid frame, at . . . . . \$1.35

In regular stock, at attractive prices, are

**MEN'S WHITE DUCK HATS**

with green underbrim; for tennis or other sports wear.

**MEN'S BALTA SPORTS SHOES**

In all the smart models for tennis, yachting, golf, tramping, motoring, etc. Also Riding Boots in the most desirable models.

**MEN'S IMPORTED SPORTS HANDKERCHIEFS**

made of silks of choice quality, presenting a very large variety of new smart designs and color effects.

The Men's Wear Departments are most easily reached from the entrances on Fifth Avenue and Thirty-fourth Street.

## Boys' Clothing

remaining from the Spring assortments, has been marked at prices to effect a ready clearance.

**Suits of smart homespuns**, with two pairs of knickerbockers, are now offered at . . . . . \$7.75 & 10.50

**And Reefers of desirable tweeds** . at 7.75

In the regular stock are

**Boys' Washable Norfolk Suits**, of khaki, white duck and linen, at \$3.50 to \$6.00.

**Boys' Sports Shirts and Blouses** in white, or white and colored stripes, at 95c.

**Boys' Complete Outfitting** is made a special feature.

## Little Children's Coats and Hats

(In sizes from 2 to 5 years)

made of light-weight materials that will be comfortable for Summer wear, have been reduced to prices that present splendid purchasing opportunities.

**Coats of desirable serges and checked materials** . . . . . \$4.50, 6.50 & 7.75

**Trimmed Hats of the wanted straws** at . . . . . \$1.75, 2.50 & 4.75

A number of the Higher-cost Coats and Hats have also been greatly reduced in prices.

## Semi-made Skirts

for town and country wear, offer exceptional values in the Dress Goods Department, on the First Floor.

These Skirts are variously developed in homespuns, plaids, black-and-white checks, and black, navy blue or white serge,

at \$4.75

Safe Storage in the establishment for Furs, Rugs and Draperies

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